

Year 11

The following workshops will be delivered on the day:

- **Relationships and sex education.** This session will be delivered by an RSE consultant. The Year 11 session will cover content on relationships, contraception and STI's.
- **Relaxation** - We are aware that our students face a year with different pressures and stress. This session will be led by a consultant. She will guide students in learning and practicing relaxation techniques that they can hopefully use at home, throughout the year and beyond.
- **Being Safe** – as part of the day one of our KNGS staff will be facilitating a session that explores healthy relationships and the law. In this session girls will discuss strategies to deal with a variety of situations including consent (discussing topics like rape and assault).
- **Child sexual exploitation (CSE)** - within this session students will explore how people can end up involved in CSE. The session will explore dangers of CSE and warning signs of grooming. They will also discuss ways to keep themselves safe including where to find help.
- **Drugs** – students will consider why people may end up taking drugs and the effects they can have on them. They will learn about different types of drugs and the short/long term implications, as well as considering how drugs can affect lives beyond someone's health.